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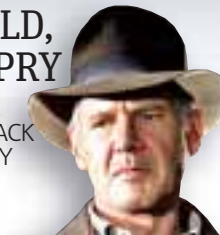
Teacher killed trying to protect other children, police say

PAGE 8

THEY MAY BE OLD, BUT THEY'RE SPRY

WITH THE RELEASE OF THE ESCAPE PLAN, WE LOOK BACK AT OTHER OLD GUYS READY FOR ACTION

PAGE 12



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Mayor Sam Katz speaks to reporters after the fire hall audit was released Monday. SHANE GIBSON/METRO

City's fire hall process fraught with failings: Audit

'Sobering.' Mayor Sam Katz said recommendations will be implemented



BERNICE PONTANILLA
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It went over-budget, was mis-managed, lacked adequate oversight, saw favouritism, and did not follow City of Winnipeg policies and procedures.

These are the findings of a much-anticipated independent audit conducted by Ernst & Young on the fire halls project, made public on Monday.

The report — which offered 14 recommendations on a wide variety of topics, including how contracts are awarded, "clear policies" the city's legal services should establish and the clarification

of the declaration of surplus properties — was adopted unanimously by members of executive policy committee during a special meeting in the afternoon.

City auditor Brian Whiteside told reporters the conclusions "speak for themselves."

Whiteside said the different departments should implement the recommendations in the audit.

"I think that addresses a lot of the inherent weaknesses that were found and missteps that were found in this review," he said, adding, however, that the report did not find any illegal or criminal activity.

Mayor Sam Katz said the facts revealed by the report are "sobering."

"In this \$18-million project, we find many gaffes and questionable decisions along the timeline," said Katz after the EPC meeting.

The report included in its appendix a detailed timeline of events that went back to 2006 as well as city management's comments regarding a review of the Ernst & Young report dated Sept. 5, 2013.

The report also stated the cost of the four new fire stations — on Portage Avenue, in Sage Creek, on Taylor Avenue and on Roblin Boulevard — has already gone above \$18 million, up from the original \$15-million price tag.

MORE COVERAGE, PAGE 4

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cityplace to get \$3M facelift

Current vibe is so 1997.

Downtown shopping destination will get a few nips and tucks to give it a '2014 look'

Downtown's cityplace shopping centre is set for a \$3-million overhaul over the coming months, according to the complex's owner, Manitoba Public Insurance (MPI).

"The industry standard is (to refurbish commercial properties) anywhere from 15 to 20 years and we're within that window," said MPI spokesman Brian Smiley, noting the mall's last facelift was in 1997. "We felt that it was an opportune time to update the building to a 2014 look."

The refurbishment will be limited to the first two floors of the nine-storey cityplace complex, which house the retail portion of the facility. They'll include fresh paint, new flooring and lighting, and the installation of three new windows on the second floor over Graham Avenue.

The mall's nearly four-decade-old escalators will also be replaced, since

Priority

Timing, not tenants, main motivation

Smiley said the seven floors of office space above the retail portion of cityplace are fully occupied, and about nine per cent of the roughly 117,000 square feet of retail space is currently vacant.

While the renovations may help spur new tenants to move into the mall, Smiley said that garnering new business wasn't as much of a consideration as the timing. **JOHN TOWNS/FOR METRO**

they're becoming a challenge to repair. Work will take place after normal business hours, and should take between 35 and 40 weeks to finish.

According to Smiley, since cityplace falls within city downtown development agency CentreVenture's sports, hospitality and entertainment district (or SHED), MPI has a duty to make sure the facility looks its best. **JOHN TOWNS/FOR METRO**



An artist's rendering of what the interior of cityplace will look like after \$3 million is pumped into renovations and refurbishments over the next 35 to 40 weeks. CONTRIBUTED

Vague reasons for strike irks U of M students



University 1 student Michael Long says he would cross the picket line. METRO

As the deadline for professors at the University of Manitoba to strike over "academic freedoms" ticks closer, a lack of clarity over why, exactly, their professors want to walk out is frustrating U of M students.

Negotiations between faculty and administration broke down over this past weekend, student union president Al Turnbull confirmed Monday.

If no 11th-hour deal is reached between the parties, the faculty will be on strike as of 12 a.m. Tuesday morning.

Turnbull added a lack of clarity over the issues has been frustrating for students.

"Not everything is clear as to what, exactly, the issues are. This isn't a concrete issue like money," he said. "Now students are sitting back and continually

asking what this is about, and the only information we have is what's been made public by both sides."

In an open letter to U of M students on Oct. 17, UMFA president Sharon Alward said the conflict with administration was over "academic freedom."

University 1 student Michael Long said he would cross picket

lines to go to classes if they were offered during a strike.

"I'm paying a lot of money to be here and get taught that is going to go to waste here," he said.

Attempts to contact the senior staff and board of the UMFA were not successful Monday, as they spent the day in closed meetings.

JOHN TOWNS/FOR METRO

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1 NEWS

Policy sidesteps on fire halls file disturbing, Browaty says

Payout in doubt.
Several councillors say no severance for former CAO



BERNICE PONTANILLA
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Councillors, including those in Mayor Sam Katz's cabinet, were quick to criticize the fire halls process and the key figures behind it — men who are no longer City of Winnipeg employees.

The findings in the Ernst & Young audit released on Monday simply added fuel to the fire.

Property and development chair Coun. Jeff Browaty said he found "particularly disturbing" the transparency processes were circumvented and favouritism was shown.

"The fact that one vendor, Shindico, is identified as having an advantage is beyond troubling," he said during the special EPC meeting.

"The latest accusation made



Councillor Harvey Smith said if there is "any way we could take legal action against him (Sheegl), I would want to do that."

by our former fire and paramedic chief Reid Douglas that he was told before the whole process commenced that Shindico would be awarded the contracts should be further investigated."

Several councillors, including Harvey Smith (Daniel McIntyre) and Ross Eadie (Mynarski),

questioned unconfirmed reports that Phil Sheegl, who resigned from his post as chief administrative officer last week, was receiving a year's salary — about \$242,000 — as severance.

"There were some real, I think, mistakes made with the land swap.... It all goes back to the person who used to be the

CAO," said Eadie, adding the timeline in the audit shows the fire halls file "was totally mismanaged, like really, I don't even know why we hired that guy (Sheegl) — it's just unbelievable."

Douglas was dismissed from his job as fire chief in late September.

Quoted

"... a level of mismanagement, organized mismanagement at the highest levels, that I've never seen before."

Coun. Russ Wyatt (Transcona) on the fire halls file

"This is the essence of what's wrong at city hall — we lack transparency."

Coun. Paula Havivbeck (Charleswood-Tuxedo)

"Council put Mr. Sheegl in charge of the City of Winnipeg and that was a serious mistake."

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) on Phil Sheegl

The audit laid more of the blame not on Douglas but Sheegl, noting that Douglas was just following orders.

Infrastructure

Despite public anger, fire halls needed, union says

The head of Winnipeg's firefighters union said he hopes anger over the way the fire halls deal went down doesn't cloud citizens' opinions when it comes to the buildings themselves.

"Prior to these four fire halls being built, we literally had no infrastructure contributions for fire halls," said Alex Forrest, president of the United Fire Fighters of Winnipeg Local 867.

"We had fire halls that were positioned badly, we had fire halls that were literally falling apart. We needed these fire halls to be built in such a way that it could help us to serve the public."

Forrest called the four fire halls discussed — on Portage Avenue, in Sage Creek, on Taylor Avenue and on Roblin Boulevard — "the most important investment the city has made in the last two decades."

BERNICE PONTANILLA/METRO

Royal Manitoba Theatre Centre launches new season

The Royal Manitoba Theatre Centre (MTC) has pulled back the curtain on its 56th season.

With a lineup of plays ranging from family-friendly like *A Christmas Story* to performances more suitable for mature audiences like *Venus in Fur*, artistic director Steven Schipper said there's something for everyone this season.

"We're always looking to entertain and enlighten and offer captivating stories that provide long-lasting memories," said Schipper. "It's a great date, it's a great conversation after the play with whoever you attend with and it's one of the most effective ways we know of to have a good time."

The season officially kicked off last week with Mary Chase's Pulitzer Prize-winning comedy *Harvey*, the first of six more family-friendly plays running at the John Hirsch Theatre Mainstage until May.

Venus in Fur, the first of four plays set to run over the season at the Tom Hendry Theatre (The Warehouse The-



Cory Wojcik, left, and Mark Crawford in MTC's season opener *Harvey*, running until Nov. 9 at the John Hirsch Theatre. LEIF NORMAN/CONTRIBUTED

atre), starts this Thursday.

"It's a sexy, sexy, really, really hot play ... based on the S&M novella of the same name," said Schipper, explaining that the plays scheduled for the Tom Hendry Theatre are recommended for mature audiences. "It's

perfect for the Warehouse where we often joke that we have to put warnings on the posters when the plays don't have nudity or profanity."

Go to mtc.mb.ca for a full list of this season's plays and for ticket and subscription information. SHANE GIBSON/METRO

This season's plays

The John Hirsch Theatre

- *Harvey*, Oct. 17-Nov. 9
- *A Christmas Story*, Nov. 21-Dec. 14
- *Jane Eyre*, Jan. 9-Feb. 1
- *The Glass Menagerie*, Feb. 13-March 8
- *Kim's Convenience*, March 13-April 5
- *Good People*, April 17-May 19

The Tom Hendry Theatre

- *Venus in Fur*, Oct. 24-Nov. 9
- *Hirsch*, Nov. 28-Dec. 14
- *The Seagull*, Jan. 23-Feb. 8
- *The Secret Annex*, Feb. 20-March 8

Union Station. VIA Rail on board to finish renos

VIA Rail has signed agreements with several local companies to finish renovations that began in 2007 at Winnipeg Union Station in the downtown.

The agreements, which are worth \$3.5 million from the original \$6.5-million investment announcement, will see improvements made to the washrooms, the waiting areas, electrical and security systems, accessibility and the exterior of the station. Repairs and restoration of the building's most notable element — the Rotunda — are also on the list.

Transit fraud

3 charged in bogus bus pass ring

Three people are facing charges after police busted up a group they say has been making fake bus passes and selling them both on the streets and to unsuspecting customers through a legitimate grocery store in the 500 block of Ellice Avenue.

Police began investigating

It's the business

Winnipeg company Enduron Custom Inc. was also awarded a \$1M contract to deliver washroom modules for VIA Rail's LRC business-class cars.

Companies doing the renovations include ABCO Supply & Service, Security Decorating, Bockstael Construction, Westwood Mechanical Inc. and Bridgman Collaborative Architecture. ELISHA DACEY/METRO

back in April when Winnipeg Transit drivers noticed an increase in bogus monthly passes on city buses.

A 56-year-old man has been charged with possessing forged documents, and a 29-year-old man and a 55-year-old woman have each been charged with possessing forged documents and trafficking forged documents.

All three were released on a promise to appear in court.

METRO

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires a licence



3D printers that can make guns are raising fears. TORSTAR NEWS SERVICE FILE

and, in the case of handguns and restricted guns, a registration certificate.

A firearms business licence is needed to manufacture a gun.

A final report is expected in February.

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of bacteria that could potentially sicken babies, the research-

Buyer beware!

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer, pediatrics chief at Rush University Medical Center in Chicago

ers found.

The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago.

Medical literature cites several cases of infants getting sick from strangers' milk.

THE ASSOCIATED PRESS

Cruelty alleged at two chicken farms in Alta.

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part, says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy for Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by



Nineteen-week-old chickens are transported to Ku-Ku Farms in this photo. The hidden-camera video was filmed by Mercy for Animals Canada. CONTRIBUTED

Ku-Ku Farms and Creekside Grove Farms for 10 weeks.

The owner of Ku-Ku Farms and Creekside Grove Farms refused an interview with W5. While Perrais said the provocative video does not address the quality of the eggs or food safety, his organization is calling for McDonald's to ban its egg suppliers from using hens that are confined in battery cages, which are barely bigger than the hens.

Mercy for Animals Canada says Creekside Grove Farms provides chicks to Ku-Ku Farms near Edmonton. Ku-Ku then supplies eggs to Ontario-based Burnbrae Farms, the primary egg sup-

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

- "What we did see, and what I was exposed to on W5, was certainly very alarming and disappoint-

ing to me as an egg producer," said organization chairman Peter Clarke.

- Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

plier to McDonald's Canada. McDonald's, however, says while it does get eggs from Burnbrae, it says its eggs do

not come from the farms in the story, nor do they source eggs from Alberta.

THE CANADIAN PRESS



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Duffy a victim of PMO's attempt to make scandal go away, lawyer says

'Illegal procedures.'

Donald Bayne says his client was caught up in plan to 'sweep a political embarrassment ... under the rug'

Sen. Mike Duffy's lawyer says the Prime Minister's Office arranged to pay off his client's disallowed housing expense claims as part of an effort to hide a political embarrassment.

Donald Bayne says Nigel Wright, then the prime minister's chief of staff, told Duffy in an email last December that his housing claims were legitimate.

But by February, Wright was urging Duffy to accept a PMO plan that included lines for the media in order to defuse the whole expense situa-

tion.

Wright later personally paid \$90,000 to repay Duffy's expense claims, even though, Bayne said, Duffy felt he had done nothing wrong.

"It's a scenario, in Nigel Wright's own words, that was created for Sen. Duffy not because he had anything to hide or had made inappropriate claims, but because the PMO had decided that they wanted to sweep a political embarrassment to their Tory base under the rug," Bayne told a news conference Monday.

"They threatened Sen. Duffy with wholly unconstitutional and illegal procedures of throwing him out of the Senate without a hearing if he failed to go along with it."

Bayne said Duffy repeatedly checked to see if it was legitimate for him to claim expenses in relation to a primary residence in P.E.I. and was told it was fine.



Donald Bayne, Sen. Mike Duffy's lawyer, speaks with the media during a news conference Monday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

The lawyer says the problem lies with the vague Senate rules about residency, not with Duffy.

Bayne also said Conservative senators who are backing a motion to suspend Duffy from the upper chamber without

pay are acting like a mob that's demanding a sentence before a trial.

"We can't allow this kind of undemocratic process where the rule of law is being seized here for political reasons," he said. **THE CANADIAN PRESS**

Residents near Alberta derailment site still waiting for OK to go home

A spokesman for CN said Monday it was too early for residents of an Alberta community to be allowed to return to their homes near the site of a derailment.

"We had hoped that that could take place this morning earlier than had been predicted," Warren Chandler said. "That's not going to be possible and we apologize to residents."

"We hoped for an early return, but in the interests of safety, we can't do that yet."

Chandler said CN had hoped a controlled burn on Sunday night would get rid of potentially explosive propane in some of the derailed tank cars.

"We had hoped the exercise would burn off all the propane in the cars, so that we could move in, remove the cars and allow people to go home. Un-

fortunately, when we went to inspect the cars ... we found that not all the cars had vented their propane," Chandler said.

"In the interests of safety, we withdrew. A controlled burn is a multi-step process and after the controlled burn ... we have left the cars to vent ... and are now assessing the next steps."

Chandler said CN was taking a step-by-step approach to determine the safest way to get people back to their homes.

The hamlet of Gainford was evacuated early Saturday morning when 13 cars on a freight train carrying a cargo of oil and propane went off the rails near the tiny community, about 80 kilometres west of Edmonton. Two explosions were reported, so people were ordered from their homes as a precaution. No one was injured.



Derailed CN rail cars are seen near Gainford, Alta., in this undated photo provided by the Transportation Safety Board of Canada.

TSB CANADA/THE CANADIAN PRESS/HANDOUT

Parkland County spokeswoman Jackie Ostachek said some impatient residents have begun taking matters into their own hands.

"There have been some concerns about people trying to breach the roadblocks. We're trying to ensure that people

understand what we're doing and why we're doing it," she said. Emergency crews have escorted a few people back to their property, she said.

Mayor Rod Shaigec acknowledged there's frustration among those affected.

THE CANADIAN PRESS

Quoted

"We're not going to let people back until we get the notice that all the crews on the ground are satisfied that it is safe to be back."

Parkland County Mayor Rod Shaigec

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A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at their school in Sparks, Nev., on Monday. KEVIN CLIFFORD/THE ASSOCIATED PRESS

Teacher died protecting students from shooter: Cops

Gunman believed to be a student. Unclear whether shooter committed suicide — no shots fired by law enforcement

A middle-school student in Sparks, Nev., opened fire on campus just before the starting bell Monday, wounding two boys and killing a staff member who was trying to protect other children, police

Hero

"In my estimation, he is a hero.... We do know he was trying to intervene."

Reno police Deputy Chief Tom Robinson, referring to the teacher who died trying to protect his students.

said Monday.

Twenty to thirty students, most of them 12- and 13-year-olds, witnessed the tragedy at Sparks Middle School that also left the lone suspected gunman dead, police said.

Family members have identified the staff member

killed as math teacher Michael Landsberry, 45. He was a military veteran who leaves behind a wife and two stepdaughters, said his sister-in-law Chanda Landsberry. She said she wasn't surprised he stepped in to stop the ram-

The motive isn't yet known. "As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on an indiscriminate shooting spree."

About 700 students in grades 7 and 8 are enrolled at the school, located in a working-class neighbourhood.

The violence erupted nearly a year after a gunman horrified the nation by opening fire in Sandy Hook Elementary School in Newtown, Conn., leaving 26 dead.

THE ASSOCIATED PRESS

Russia. Female suicide bomber strikes city bus, killing 6 and injuring 30

A female suicide bomber blew herself up on a city bus in southern Russia on Monday, killing six people and injuring about 30, officials said. The attack in Volgograd added to security fears ahead of the Winter Olympics in Sochi.

The suspected bomber was identified as 30-year-old Naida Asiyalova from Dagestan, one of the predominantly Muslim republics in the North Caucasus, said a spokesman for Russia's main investigative agency. She was married to an ethnic Russian, Dmitry Sokolov, whom she had met while both were university students in Moscow.

She encouraged him to become a rebel, and he quickly gained a reputation as an ex-



Experts examine a damaged bus in Volgograd, Russia, Monday. COURTESY EMERGENCY MINISTRY PRESS SERVICE, VOLGOGRAD/THE ASSOCIATED PRESS

pert in explosives, the spokesman said. Sokolov, whose nom de guerre is Abdul Jabbar, has been on the run. The spokesman said the suspected suicide bomber had a fatal bone illness.

THE ASSOCIATED PRESS

Teen sex assault

New prosecutor to reopen rape allegations case

An area prosecutor was appointed Monday to re-investigate allegations by a 14-year-old girl who said she was sexually assaulted by an older classmate who plied her with alcohol in their rural Missouri town.

The girl and her mother went public, saying the county prosecutor didn't do enough before dropping charges against the boys they said were involved. Jackson County prosecutor Jean Peters Baker — who recently prosecuted a high-profile case against a Catholic bishop accused of failing to report child abuse — will take over the case.



Jean Peters Baker THE ASSOCIATED PRESS FILE

Melinda Coleman claims her daughter was given alcohol in January 2012 by a 17-year-old Maryville High School student who then sexually assaulted her daughter at his home when she became incapacitated.

THE ASSOCIATED PRESS

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NSA. U.S. surveillance of 70 million phone calls 'unacceptable': France

U.S. President Barack Obama called French President Francois Hollande on Monday and discussed France's anger over reported aggressive surveillance tactics by the National Security Agency.

The call comes after a French newspaper said the NSA swept up 70.3 million French phone records in a 30-day period. France has summoned the U.S. ambassador to explain and called the practice "totally unacceptable."

The White House said some recent disclosures about the NSA have been distorted but that some raise legitimate questions for U.S. allies about how America's intelligence capabilities are used.

Obama told the French president that the U.S. is reviewing its intelligence-gathering to ensure a balance between security and privacy. The White House says both presidents agreed they should continue diplomatic discussions about the issue

THE ASSOCIATED PRESS



U.S. Ambassador to France Charles H. Rivkin in Paris on Monday.
CLAUDE PARIS/THE ASSOCIATED PRESS

Reasonable tactics?

"Protecting the security of our citizens in today's world is a very complicated, very challenging task."

U.S. Secretary of State John Kerry, who added that he would discuss privacy issues with the officials of all concerned countries

Greek cops release photos of alleged child abductors

Four-year-old 'Maria.'
Charges laid against Roma couple as search for parents continues

Greek police on Monday released photographs of a couple charged with abducting a girl and judicial authorities put the pair in pre-trial custody, as an international search for the child's biological parents intensified. Authorities also scrambled to uncover fraudulent birth declarations related to possible welfare benefit scams involving the couple and others.

Investigators trying to establish how the girl known only as "Maria" came to be with the detained Gypsy couple are considering a range of potential scenarios, from child trafficking to even simple charity.

The suspects were also identified as 39-year-old Christos Salis and a 40-year-old



Forty-year-old Selini Sali, a.k.a. Eleftheria Dimopoulou, and 39-year-old Christos Salis sit with a four-year-old girl reportedly named Maria, who was found living with the Roma couple in central Greece on Monday. HELLENIC POLICE/GETTY IMAGES

woman who used the names Eleftheria Dimopoulou and Selini Sali. They were arrested last week, after police found the girl when they raided a Gypsy, or Roma, encampment near the Greek town of Farsala. Her DNA shows she is not the couple's child.

Authorities allege Dimopou-

lou claimed to have given birth to six children in less than 10 months, and 10 of the 14 children the couple had registered as their own are unaccounted for. It is not clear whether the 10 children are real or were made up to cheat the Greek welfare system.

The couple has given con-

flicting accounts of how they came to have the girl, according to police. A defence lawyer has said they were motivated by charity, after being approached by an intermediary for a destitute foreign mother who reportedly could not afford to raise the child.

THE ASSOCIATED PRESS

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ENERGY 106

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ENERGY 106.EE

Team Canada wants ethical Olympic gear



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold Maple Leafs behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transpar-

Where Games gear is made

- **Hudson's Bay Company:** consumer clothes made in China; 85 per cent of athletes' clothes made in Canada, remainder in China
- **Nike hockey jerseys:** player jerseys made in Canada; replicas in Indonesia
- **Adidas bobsled and skeleton gear:** made in Vietnam, China, Indonesia and Cambodia

ency," he said.

Smith said Hockey Canada staff plan to contact labour-rights groups, as well as a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad. **TORSTAR NEWS SERVICE**



Clara Hughes says athletes should wear ethically sourced gear.

TORSTAR NEWS SERVICE FILE

From the Olympians

Athletes want transparency

Former Canadian Olympian Bruce Kidd is concerned the Canadian Olympic Committee's (COC) ethical sourcing policy, disclosing where items are made, is not publicly

available. The current policy requires that its partners monitor factories for rights violations.

"(Factory disclosure) shows that there is nothing to hide in the production line and enables independent monitoring. Olympic athletes represent the best values of youth and competition and athletes should not be competing or

marching in uniforms that exploit people," he said.

Olympian Clara Hughes said that while she hasn't asked about the COC's policy, she wants "something very transparent in place that's followed so you would never see a Canadian Olympic athlete competing or wearing anything that's made in that manner." **TORSTAR NEWS SERVICE**

Social media. Facebook wants under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without violating laws in Canada and abroad.

In the U.S., the Children's

Online Privacy and Protection Act starts at 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.

"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. **THE CANADIAN PRESS**



Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Cutting carbs?

Maple Leaf may sell Canada Bread

Maple Leaf Foods may sell its 90 per cent stake in Canada Bread as it explores ways to get the most out of its bakery business. If such a deal materializes, popular brands such as Dempster's and Tenderflake would have a new owner. **THE CANADIAN PRESS**

Market Minute



DOLLAR
97.08¢ (-0.06¢)



TSX
13,186.53 (+50.44)




OIL
\$99.22 US (-\$1.59)



GOLD
\$1,315.80 US (+\$1.20)

Natural gas: \$3.66 US (-0.007¢)
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LAMBDA

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 A portion of the proceeds will go to Pride Winnipeg



MANITOBA LGBT BUSINESS CHAMBER

LIVING SOLO NO LONGER FOR SPINSTERS

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, mu-



SHE SAYS
Jessica Napier
metronews.ca

seums — and through social-media platforms.

In the new CBC documentary *Flying Solo*, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be “me time” all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: “To go to bed and get up on your

clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone.”

Of course, flying solo does have its downsides. Single-in-

come households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear family model in the process.

“As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself,” says Harper. “I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over.”

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Face it: 11 acres makes for a large portrait



COURTESY JORGE RODRÍGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Spanning 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built, Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro. The artist, who currently lives in Spain, added: “Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible.”

Artist's viewpoint



“Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound.”

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. “Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging,” he said.

“What I didn't expect was the community's response,” the artist added. “People from both sides of the political spectrum were supportive and united to create something universal.”

METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take

the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.



The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I

wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca

The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in *The Escape Plan* — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York



John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, *The Shootist* — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

5

Old guys ready for action



Roger Moore (A View to a Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.



Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in *42* and *Ender's Game*. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.



Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting *Death Wish* pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (*10 to Midnight*). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.



Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was *In the Line of Fire* in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

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Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show *Once Upon a Time*, reports *Rolling Stone*. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told

the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to Satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show.

God bless America.



Robert Pattinson

Pattinson's team thinks it's time to reign Robert in

Robert Pattinson has reportedly been ordered by his management team to stop partying and womanizing and get back to work, according to *Radar Online*. "Rob's team felt he needed a wake-up call (and) that now is the time to get extremely serious about his career, even if that means quitting the womanizing and music-making that have defined his life in Los Angeles so far," a source says. "They really don't want him throw-

ing this opportunity down the toilet." And according to the source, the stakes for the *Twilight* star's career couldn't be higher. "Rob has to pick his next movie before the end of the year, and frankly everyone is worried he's going to screw this up," the source adds. "There's this very strong sense from his team that he needs to find a serious movie, like *Brad Pitt* did with *Seven* that pulls him out of the cheesecake territory."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is the industry's most controversial photog about to be out of work?

ALICE
TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, *Vogue*, *H&M*, *Mango*, *Supreme*, and all other

brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"



Ashley Judd

Judd and estranged hubby may be taking another spin around the track

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to *Us Weekly*. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two

fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."



Busy Philipps



Evan Rachel Wood

Wood and Philipps got Busy on the same day

It turns out *A Case of You* co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to *People* magazine. "I got

pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.

Twitter



@Harry_Styles
Thinking about it, I've been in Australia for a while now and nobody has put any shrimp on any barbies.



@lenadunham
And the award for most disappointing rice pudding of the year goes to... this rice pudding!!!



@mindykaling
It is the era of the serious baby

What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.



Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.



Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.



Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.



If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.



Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.



Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.



A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.



Give empty
beverage containers
a new life.



Chicken Quinoa 'Mac and Cheese': Healthy comfort food



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock,



This recipe serves six. ROSE REISMAN

flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until

smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping

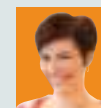
Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese
- Sauce**
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- Topping**
- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

is browned.

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

They are loaded with cholesterol lowering fibre and a significant source of minerals that may otherwise be missing from your diet.

Don't just settle for porridge, though, add oats in a multitude of ways.

- Whirl rolled oats in a blender and use the powder in place of bread

crumbs in burgers, meatballs and meat loaves.

- Use the same ground oats in smoothies and shakes.

- Bake traditional Scottish oatcakes instead of oatmeal cookies.

- Use a paste of warm oats as a skin soothing face mask.

- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Dinner. White Chicken Chili with Lime

1. In nonstick skillet over medium, heat oil. Reduce heat to medium-low, add onion and red pepper, then cook 5 mins., or until onion is softened. Add chicken and cook, breaking up large pieces, until chicken is no longer pink, about 5 mins.

Ingredients

- 1 tbsp vegetable oil
- 1 cup finely chopped onion
- 1 red bell pepper, cored and chopped
- 1 lb ground chicken
- 1 tbsp minced garlic
- 1 1/2 tsp chili powder
- 1 tbsp all-purpose flour
- 1 tsp each ground cumin and dried oregano
- 1/2 cup white wine (optional)
- 1 1/2 cups low-sodium chicken broth (use 2 cups if not using the wine)
- Two 15 1/2-oz cans white beans, drained and rinsed
- 4 1/2-oz can chopped green chilies
- 1/2 cup reduced-fat sour cream
- Salt and ground black pepper

To serve

- Chopped scallions
- Chopped fresh cilantro
- Grated low-fat Monterey Jack cheese
- Lime wedges



2. Add garlic, chili powder, flour, cumin and oregano and cook, stirring, 2 mins. Add white wine, if using, and broth in stream, whisking. Bring to boil and simmer 10 mins.

3. Meanwhile, use fork to mash 1 cup of beans. Add both whole and mashed beans and chilies to chili and simmer 10 mins. Stir in sour cream and cook until hot. Season with salt and pepper.

4. Ladle chili into bowls and accompany at table with scallions, cilantro, cheese and lime wedges.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Sandwiching distinct Moroccan flavours — literally

A Montreal man's adventurous spirit when it comes to elevating the humble sandwich has earned his lamb creation the title of Canada's best sandwich.

Jean Emond won \$10,000 last week for his North African Lamb Filet Sandwich With Harissa and Figs as well as a \$10,000 donation toward his charity of choice, World Wildlife Fund Canada.

He beat three other finalists in the competition sponsored by ACE Bakery and judged by Bob Blumer, host of Food Network Canada's World's Weirdest Restaurants, Julie Van Rosendaal, the Calgary-based blogger behind Dinner-WithJulie.com, and Marcus Mariathas, ACE Bakery's master baker.

Emond developed his recipe through a step-by-step process starting with lamb, then layered on ingredients and spices to create a balance of Moroccan flavours. Ras el hanout is a spice mix from North Africa.

1. In a large bowl, mix together marinade ingredients except pine nuts and parsley. Add lamb strips and marinate in



This recipe serves four. CONTRIBUTED

refrigerator for 1 hour to let flavours mingle.

2. In a large wok or a skillet over medium heat, stir-fry lamb until just cooked through, 3 or 4 minutes. Stir in pine nuts and parsley and toss to combine.

3. Spicy Mayo: In a small bowl, combine all ingredients.

4. Fig and Goat Cheese Salad: In a small bowl, gently toss

all ingredients together until lightly coated, adding mint and arugula at the last moment.

5. To assemble sandwiches, lightly grill ciabatta buns until warm and toasty. Spread cut sides of each bun with some of the mayo. On the bottom bun, lay some of the seasoned lamb mixture and drizzle with some of the jus. Finish with the salad and top of bun.

THE CANADIAN PRESS/ ACE BAKERY

Ingredients

- 340 g (12 oz) lamb tenderloin, cut into thin strips
- 4 ciabatta buns, split
- Lamb Marinade**
- 2 cloves garlic, crushed
- 5 ml (1 tsp) honey
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) harissa paste
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) each ras el hanout, cumin seeds, black pepper
- 30 ml (2 tbsp) pine nuts
- 50 ml (1/4 cup) chopped Italian parsley
- Spicy Mayo**
- 50 ml (1/4 cup) mayonnaise
- 1 clove garlic, minced
- 5 ml (1 tsp) each honey and harissa paste
- Pinch ras el hanout
- Fig and Goat Cheese Salad**
- 2 fresh figs, diced
- 60 g (2 oz) soft goat cheese, crumbled
- 5 ml (1 tsp) each honey and olive oil
- 1 ml (1/4 tsp) each cumin powder, cumin seeds, ras el hanout
- 6 fresh mint leaves, julienned
- 250 ml (1 cup) baby arugula

More and more falling for online dating as it loses stigma of old

Not all good. New research has revealed that the industry is growing but negative experiences are still common amongst users

Online dating is shedding its stigma as a refuge for the desperate, but people who use sites such as Match.com and eHarmony are still in the minority. Thirty-eight per cent of Americans who are “single and looking” say they’ve used an online dating site or mobile app, according to a new study.

The report from the Pew Research Center’s Internet and American Life Project suggests that attitudes toward online dating “have progressed in a clearly positive direction.” In fact, 59 per cent of Internet users agree that online dating is a good way to meet people. That’s up from 44 per cent in 2005.

As Americans shop, socialize and entertain themselves online, a growing number are turning to the Internet to find dates. Some 11 per cent of people who started a long-term relationship in the past decade say they met their partner online. Even so, only 10 per cent of Americans say they’ve tried online dating.

Online dating is most popular among men and



With more people than ever using online dating you will find it easier to meet someone, but remember, the experience may not always smell of roses. ISTOCK

women ages 25 to 34. Nearly a quarter of them have used online dating sites, compared with just 10 per cent of people in the 18 to 24 age group. For ages 35 to 44, it’s 17 per cent and then the numbers fall steeply. Three per cent of those over 65 have dabbled in online dating.

Whites are slightly more likely to use dating sites than other ethnicities — 11 per cent compared with seven per

cent for blacks and five per cent of Hispanics, according to the survey. People without a high school diploma were the least likely to use dating sites, while those who have completed “some college” were the most likely.

While a relatively small fraction of people use online dating sites, forty-two per cent of Americans say they know someone who has, up from 31 in 2005. Among those 65 or

older, the number grew to 24 per cent from 13 per cent.

Once upon a time, couples who found each other online felt compelled to spin alternate “how we met” tales, but that’s no longer the case. Perhaps it’s the result of changing attitudes. In 2005, 29 per cent of Internet users agreed that people on online dating sites were “desperate.” In Pew’s most recent study, that number fell to 21 per cent. But on-

line dating isn’t all chocolate hearts and red roses. More than half of online daters say they believe someone else “seriously misrepresented themselves” in an online dating profile. More than a quarter have felt uncomfortable or harassed by someone who contacted them.

The results of Pew’s recent study aren’t directly comparable to its 2005 report because the way surveyors count the

More stats

- **Don’t call it stalking.** One-third of Americans who use social networking sites use the sites to check up on somebody they once dated. The same is true for nearly half of those aged 18 to 29.

- **Top spots.** Match.com is the most popular dating site, according to the 2013 survey, just as it was in 2005. No. 2 this year is eHarmony. Yahoo Personals was in second place in 2005, but it no longer exists.

- **More long-term unions.** Twenty-nine per cent of respondents say they know someone who has been in a long-term relationship or married someone they met online, compared with 15 per cent in 2005.

“online dating population” has changed. There were no dating apps eight years ago. That said, the percentage of Americans who say they have used an online dating website grew from three per cent in 2008 to six per cent in 2009, and nine per cent this year.

The 2013 telephone survey was conducted from April 17 to May 19 among a sample of 2,252 U.S. adults.

THE ASSOCIATED PRESS

Dare not to scare easily and face that fear with a smile

Psychiatrist Dr. Gordon Livingston is prescribing a heavy dose of courage, not pills, to combat a debilitating syndrome: fear.

In his book *The Thing You Think You Cannot Do*, now available in paperback, Livingston explains to us why we must depend on courage to survive.

You aim to invoke virtues rather than prescribe medicine. How do you implement that?

Although I do use medication for anxiety and depression, I think that we need to think about courage. The key — and that’s why the book is titled *The Thing You Think You Cannot Do* — is to confront our fears. The cardinal rule of anxiety is that when we confront the things that make us anxious, they gradually



decrease. Many people, for example, have so-called phobias: things that they can’t do. They can’t fly, they can’t get on elevators; there are various things that people can be



Dr. Livingston’s book encourages its readers to confront their fears. ISTOCK

afraid of. But once those fears are confronted, systematically, they diminish. But if we react by avoidance, then our fears get worse. If we refuse to get on an airplane, then our lives

are constricted.

So are we supposed to just dive right in? Or are there baby steps to decreasing fear?

Systematic desensitization

is the way that we overcome those kinds of fears. If it’s getting on an airplane, then one day we’ll go the airport, and the next day we’ll go to the boarding area. There are ways in which you can do this that will overcome anxiety in a way that you can tolerate. We have to get away from avoidance, because that causes the fears and the anxiety to increase.

How did your war experience in Vietnam influence your view of fear and the advice you give?

That’s an example of a hazardous environment in which practically all normal people are apprehensive. You ask yourself, “What constitutes courage in that environment? What allows people to behave

in courageous ways?” Part of it is training — that’s one of the things that the military emphasizes — but it’s hard to train a person to be willing to die for an idea. I think that what happens in the combat situation is people develop a kind of unit cohesion in which a sort of love develops among the participants, and it’s important not to let down these people who are dependent on you.

What’s an easy, everyday tip for facing your fears?

Have a sense of humour. The ability to laugh in the face of fear is another form of courage that needs to be cultivated. People who react out of fear don’t make good decisions. METRO



GEORGE DOLGICH/COLOURBOX

COLD & FLU BASICS

DIFFERENT SYMPTOMS AND DIFFERENT WAYS TO TREAT VIRUSES

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar, both influenza, commonly referred to as the flu, and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, and aches and pains. Although stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or health-care professional to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms.

— News Canada



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ISTOCK/THINKSTOCK

PROS ABOUT PROBIOTICS

The hustle and bustle of the holiday celebrations will soon be upon us. This time of year can be wonderful, but it also brings a certain amount of stress.

Last-minute shopping, family visits, kids running around the house and overcrowded shopping centres are exhausting just to think about.

All of that added stress can also affect your immune system. Hugs and handshakes represent golden opportunities for viruses, parasites and bacteria to join in the spirit of holiday sharing. You wonder how you will ever make it through the season without catching something.

And then you may ask yourself: Can probiotics really boost my immune system? The answer is yes.

According to dietitian and nutritionist Annie Jolicoeur, many clinical studies have demonstrated the benefits of probiotics in terms of preventing and treating the common cold, the flu, and gastroenteritis.

"Taking probiotics reduces the severity and duration of symptoms like fever, coughing, runny nose, and even diarrhea," she says. "Therefore, it is recommended that all members of the family take probiotics every day."

Maintaining a healthy intestinal

flora helps to protect against the penetration of bacteria, parasites, and viruses, Jolicoeur says.

"Did you know that the intestinal mucous membrane acts as the cornerstone of your overall health? Two-thirds of the immune-defence cells in your body are found there. Therefore, your immune system is enhanced when you take probiotics."

She recommends you start taking probiotics at least two weeks before the holiday season begins so your body will be well-prepared to ward off the oncoming germ attacks.

— News Canada

NATURAL WAYS TO STAY HEALTHY THIS WINTER

Families are well aware of the importance of not overusing antibiotics.

The following are some natural ways that families can use to stay healthy.

Get eight to 10 hours of sleep per night. Try Liquid Ionic Magnesium at bedtime to help ensure a restful sleep. Wash hands frequently with antibacterial soap, and disinfect high-traffic areas at home and work.

Drink plenty of high antioxidant/enhanced vitamin C

beverages such as Cardioflex Q10, available at all health stores.

Take Colflex Oral Spray for daily prevention and relief. Colflex has fast become the "go-to" product for families across Canada as their natural alternative.

Take oral spray vitamin D. Vitamin D3 is important to help boost the immune system during the low sunlight hours of winter. NutriMize Vitamin D Oral Spray is convenient for getting your "sunshine vita-

min" while on the go.

Eat a high-protein breakfast. Breakfast is the most important meal of the day to help maintain your immune system and keep you from getting

run down. The most important nutrient at breakfast time is protein, but how do you meet adequate amounts of protein (approximately 20

to 30 grams per person) on those busy mornings during your work or school week? If you are short of time to prepare eggs, etc., then make a quick and easy high-protein smoothie with Bodyflex AM or NaturePro vitamin/mineral fortified smoothie mixes.

For more information, please see innotechnutrition.com.



SPREAD THE CHEER NOT THE GERMS

The holidays are a time when family and friends get together, but, unfortunately, it's also a time when cold and flu germs can be shared as readily as gifts.

For some Canadians with breathing and lung conditions, leaving a party with the sniffles could end up in a visit to the hospital. More than 770,000 Canadians have been diagnosed with chronic obstructive

pulmonary disease (COPD), which includes emphysema and chronic bronchitis. COPD causes symptoms like shortness of breath, coughing, wheezing and coughing up phlegm. When symptoms get worse or a new, persistent symptom comes on, it could be the beginning of a lung attack, which can lead to hospitalization, restricted mobility and can increase the

risk of death. In fact, COPD lung attacks requiring hospitalization peak every year during the winter holidays.

To ensure your holiday season is made up of family time and not hospital time, here are some simple steps to follow:

Keep your hands clean: Germs are commonly spread through handshakes. Wash your hands regularly with soap and

water, or use an alcohol-based hand sanitizer if necessary.

Keep your immune system strong: Stay in shape, eat well and get lots of sleep to help combat the cold and flu bug.

Know the signs of a lung attack: Watch for signs like increased coughing, wheezing or unusual changes in phlegm.

— News Canada



ISTOCK/THINKSTOCK

WINTER BRINGS MORE VIRUSES

Holiday excitement isn't the only contagious thing this season. Dr. Ken Chapman, a respirologist at the University Health Network, shares his advice about how prevalent cold and flu viruses are at this time of year and how they can affect your lung health.

Q This is my favourite time of year but I always end up getting sick. I find it particularly worrying since my spouse has emphysema, so I don't want to pass on the bug. Why am I more prone to these viruses at this time of year and what can I do to avoid them?

A You're right, Canadians are more prone to cold and flu during the holiday season. Viruses are quickly spread as people attend more holiday parties and hug and shake hands with lots of family and friends. Though getting a cold or flu is a big inconvenience for most, they can be much more serious for the more than 770,000 Canadians diagnosed with chronic obstructive pulmonary disease (COPD). COPD, which includes emphysema and chronic bronchitis, causes symptoms like shortness of breath, coughing, wheezing and coughing up phlegm. The cold and flu can worsen those symptoms, referred to as a lung attack and can possibly result in hospitalization, restricted mobility and even death. In fact, research shows the holidays are the most likely time for people with COPD to be hospitalized due to complications from the disease.

— News Canada

It's flu season...

Get the shot, not the flu!

Protect yourself. Protect your friends and family.

The annual seasonal flu shot is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains.

An annual flu shot is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

This includes:

- seniors age 65 or older
- children age six months to five years
- those with chronic illness
- pregnant women
- residents of personal care homes or long-term care facilities
- or as determined by your primary health care provider
- health care workers and first responders
- individuals of Aboriginal ancestry
- people who are severely overweight or obese

If you are 65 or older or have a chronic illness, you should also get a pneumo shot. One pneumo shot may give you a lifetime of protection.

For more information, contact a QuickCare Clinic, public health nurse, doctor, pharmacist or call Health Links-Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

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Manitoba 

Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention



YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally," Rapport notes that small

business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada News-

wire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use \$2,000 to \$4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central



Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK



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Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial. **THE ASSOCIATED PRESS**

Adrian Peterson

Man indicted in death of Vikings star's son

A South Dakota man accused in the death of the young son of Minnesota Vikings running back Adrian Peterson has been indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Joseph Robert Patterson, 27, is expected to be arraigned later this week in the death of two-year-old Tyrese Robert Ruffin, who died two days after being hospitalized with severe head injuries.

THE ASSOCIATED PRESS

World Series

Lester to start Game 1 in Boston

Red Sox left-hander Jon Lester will start Game 1 of the World Series against the St. Louis Cardinals.

That was the word on Monday from Boston manager John Farrell. Adam Wainwright is expected to start for the Cardinals when the Fall Classic gets underway in Boston Wednesday night. **THE ASSOCIATED PRESS**

Kings of Cole Harbour face off in Pittsburgh

NHL. Avs take round 1 of many hyped-up Crosby vs. MacKinnon matchups to come

Jean-Sebastien Giguere turned aside 34 shots for his second shutout in 11 days and the Colorado Avalanche edged the Pittsburgh Penguins 1-0 on Monday night.

Gabriel Landeskog scored the game's only goal 5:26 into the second period as Colorado improved to 8-1, the best start in franchise history.

The game was billed as a fight for bragging rights between Pittsburgh star Sidney Crosby and Colorado rookie Nathan MacKinnon. The former No. 1 picks are both from Cole Harbour, N.S.

Instead, Giguere stole the show. Pittsburgh went 0-for-7 on the power play and lost for the first time at home despite outshooting the Avalanche 34-14.

On Monday

1

Avalanche

0

Penguins

Marc-Andre Fleury stopped 13 shots for the Penguins (7-2).

The first professional meeting between MacKinnon and Crosby failed to produce fireworks, not that Crosby didn't try. He pumped a season-high seven shots at Giguere and played more than 26 minutes.

MacKinnon, by comparison, produced two shots in 10:54 of ice time as the Avalanche spent a large portion of the night relying on their penalty killers to hold off one of the NHL's most potent offences.

MacKinnon spent most of his childhood growing up in Crosby's considerable shadow in the town of about 25,000.

THE ASSOCIATED PRESS



Sidney Crosby is defended by the Avalanche's Nathan MacKinnon in the second period in Pittsburgh on Monday. Both players were born in Cole Harbour, N.S., and were No. 1 draft picks. **GENE J. PUSKAR/THE ASSOCIATED PRESS**

MLB. Leyland walking away from Tigers dugout



Jim Leyland sheds a tear at a press conference in Detroit on Monday. **PAUL SANCYA/THE ASSOCIATED PRESS**

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others,

he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

"It's been a thrill," the 68-year-old Leyland said during a news conference at the ballpark. "I came here to change talent to team, and I think with the help of this entire organization, I think we've done that. We've won quite a bit. I'm very grateful to have been a small part of that."

Leyland made his managerial debut with the Pittsburgh Pirates in 1986, and from Barry Bonds to Miguel Cabrera, he's managed some of the sport's biggest stars and been involved in some of baseball's most memorable games over the past quarter-century.

He expects to remain with the organization in some capacity after going 700-597 as Tigers manager.

THE ASSOCIATED PRESS

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The Sharks' Tomas Hertl scores on Rangers goalie Martin Biron on Oct. 8 in San Jose. THEARON W. HENDERSON/GETTY IMAGES

Sharks rookie showing his bite

NHL. 19-year-old Hertl blowing expectations out of the water

The San Jose Sharks' bus was late, so Tomas Hertl had to wait.

That gave fans outside Joe Louis Arena another chance to ask for autographs from the 19-year-old whose stardom in the NHL has arrived earlier than most expected. Hertl has seven goals and three assists in his first eight games and is an early front-runner for the Calder Trophy as the rookie of the year.

That production even caught coach Todd McLellan a little off-guard.

"I'd be lying if I said I wasn't (surprised)," he said after San Jose's morning skate Monday in Detroit.

Quoted

"He has the vision and the ability to do things, I think, that high-end players have."

Sharks GM Doug Wilson on rookie forward Tomas Hertl

"We expected him to be able to come in and make an impact on our team, but not to the extent that he has to this point."

Hertl's four-goal game Oct. 8 against the New York Rangers put him in the spotlight, spurring plenty of talk about showmanship after he scored on a shot from between his legs. Washington Capitals coach Adam Oates caused a stir by saying it's important for young players like Hertl not to "disrespect the league," while an off-colour

locker-room comment by captain Joe Thornton spun the attention in a different direction for a little while.

The 2012 first-round pick has cooled off slightly since that breakout performance, but it's not like the Sharks expect multi-goal games out of him that often. Given the ups and downs rookies tend to face, he might not finish the season with 20.

That's OK, because as general manager Doug Wilson puts it, "Tomas is not a one-dimensional player."

"It's not just the offensive numbers," Wilson said in a phone interview. "This kid is very poised in his own zone, he makes really smart plays protecting the puck, and to us he's a three-zone player that just fits in with how we want to play and where we're going with our team."

THE CANADIAN PRESS

Rose-y return. NBA stands to benefit from having Bulls star back

There's no question that the city of Chicago was waiting, impatiently at times, to get Derrick Rose back. And the same could likely be said about the Bulls franchise.

They weren't alone; the NBA was waiting as well.

When Rose's comeback commences for real on opening night in Miami on Oct. 29 against the two-time defending champion Heat, there's no question the league will be savouring the return of one of its biggest sources of star power. Rose sells tons of jerseys, sells tons of tickets, gets more people watching on television and almost certainly will raise the quality of play in the Eastern Conference.

Sure, it's better for opponents when he spends an entire season in suits, but for the game, it's better when he's back on the floor.

Rose was the NBA's MVP in 2011, and has played in just 40 of the Bulls' 166 games since because of a number of



Derrick Rose
MICHAEL HICKEY/GETTY IMAGES

injuries — the most serious being a torn-up left knee suffered in Chicago's first playoff game in 2012. Some suggested that because of his athleticism and commitment to rehabilitation, he would only miss a few months.

By the time he returned to the court earlier this pre-season, more than 17 months had passed without Rose in uniform. **THE ASSOCIATED PRESS**

What his peers are saying



"You miss a guy as dynamic as that. The league as a whole missed him."

Heat guard Dwyane Wade



"You don't want to come back and just be half of yourself. You want to come back and be at full strength."

Cavaliers guard Jarrett Jack said Rose's decision not to rush back was a wise one.



"Just from what I've been hearing, he's anxious. He hasn't played in a year so he's going to be going after people."

Hawks forward Al Horford said he believes Rose will be as strong as ever.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	10	6	3	1	24	24	13
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Monday's results

San Jose 1 Detroit 0 (SO)

Colorado 1 Pittsburgh 0

Calgary at Los Angeles

Sunday's results

Columbus 3 Vancouver 1

Anaheim 6 Dallas 3

Nashville 3 Winnipeg 1

Tuesday's games

All Times Eastern

Anaheim at Toronto, 7 p.m.

Vancouver at NY Islanders, 7 p.m.

New Jersey at Columbus, 7 p.m.

Chicago at Florida, 7:30 p.m.

Edmonton at Montreal, 7:30 p.m.

Washington at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Nashville at Minnesota, 8 p.m.

Calgary at Phoenix, 10 p.m.

Wednesday's games

Ottawa at Detroit, 7:30 p.m.

Boston at Buffalo, 8 p.m.

Thursday's games

San Jose at Boston, 7 p.m.

Vancouver at New Jersey, 7 p.m.

NY Rangers at Philadelphia, 7 p.m.

Anaheim at Montreal, 7:30 p.m.

Chicago at Tampa Bay, 7:30 p.m.

Carolina at Minnesota, 8 p.m.

Winnipeg at Nashville, 8 p.m.

Calgary at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday, October 27

Boston at St. Louis 8:15 p.m.

Monday, October 28

Boston at St. Louis 8:07 p.m.

Wednesday, October 30

St. Louis at Boston 8:07 p.m.

Thursday, October 31

St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's result

Minnesota at N.Y. Giants

Sunday's results

Cincinnati 27 Detroit 24

San Diego 24 Jacksonville 6

Carolina 30 St. Louis 15

Washington 45 Chicago 41

N.Y. Jets 30 New England 27

Buffalo 23 Miami 21

Dallas 17 Philadelphia 3

Atlanta 31 Tampa Bay 23

San Francisco 31 Tennessee 17

Green Bay 31 Cleveland 13

Kansas City 17 Houston 16

Pittsburgh 19 Baltimore 16

Indianapolis 39 Denver 33

MLS

Sunday's results

New York 3 Houston 0

Los Angeles 0 San Jose 0

Wednesday's game

Chivas USA at Real Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto FC, 4 p.m.

FC Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday, October 27

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

Injured in Indianapolis

Wayne tears ACL, out for the season

Colts receiver Reggie Wayne will miss the rest of the season after tearing the anterior cruciate ligament in his right knee during Sunday night's win over Denver. Wayne was injured in the fourth quarter as he tried to catch a low pass.

THE ASSOCIATED PRESS

Banged-up Bears

Chicago down Cutler and Briggs

Chicago Bears quarterback Jay Cutler will miss at least the next four weeks of the season and Pro Bowl linebacker Lance Briggs will be out for around six weeks.

Cutler (groin) and Briggs (shoulder) were both hurt in Sunday's loss to Washington. **THE ASSOCIATED PRESS**

Big boo-boo for The Lou

Knee injury ends Bradford's year

Sam Bradford is done for the season, and the burden for the St. Louis Rams has just become a whole lot bigger.

He tore a ligament in his left knee in Sunday's 30-15 loss at Carolina that dropped the Rams to 3-4.

THE ASSOCIATED PRESS



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

Taurus

April 21 - May 21

You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

Gemini

May 22 - June 21

You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

Cancer

June 22 - July 23

The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

Leo

July 24 - Aug. 23

If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

Virgo

Aug. 24 - Sept. 23

Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

Libra

Sept. 24 - Oct. 23

If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

Scorpio

Oct. 24 - Nov. 22

Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

Sagittarius

Nov. 23 - Dec. 21

It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

Capricorn

Dec. 22 - Jan. 20

You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

Aquarius

Jan. 21 - Feb. 19

The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

Pisces

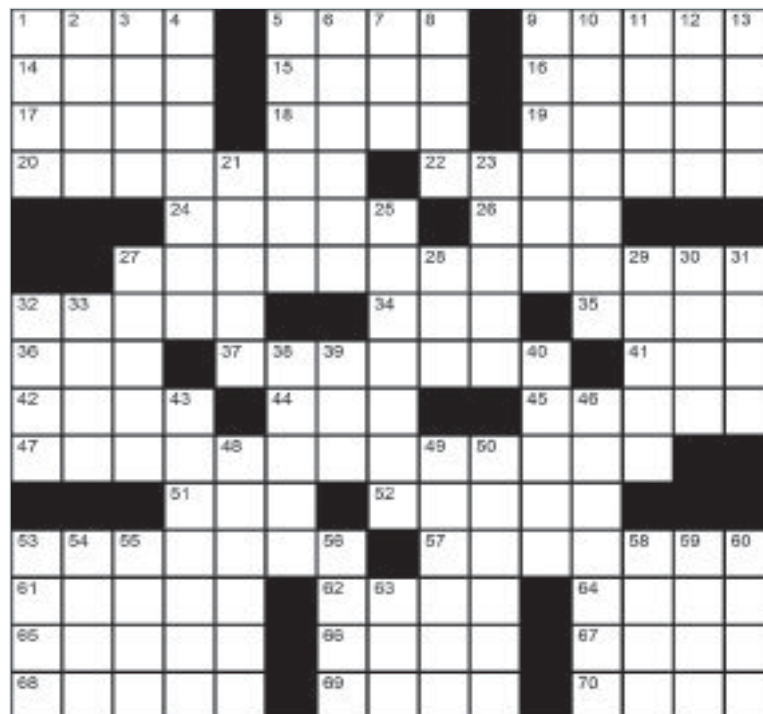
Feb. 20 - March 20

Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Informal food
5. Catch ____ ('Get')
9. "This isn't ____" (Get real)
14. Great Big Sea's "____-Mac"
15. Gather
16. Frankie Goes to Hollywood hit
17. ____-drop
18. Owed-money
19. Baseball cap wearing filmmaker Michael
20. Activated again, as a membership
22. Goal-getting athletes
24. "____ for Murder" (1954)
26. Embrace
27. Animated Moun-tie of '60s TV: 2 wds.
32. Oprah's produc-tion company
34. Fashion designer, Anna ____
35. Mischa of "My Man Godfrey" (1936)
36. Bear, in Barcelona
37. Stays put during the Fall-following season
41. Get a nose like Pinocchio
42. Graduation cap birds
44. Knowledgeable letters
45. ____-eyed
47. Sudbury-born activist who ignited



- the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
 52. Gulf of ____ Law-rence
 53. Quebec, ____ Province
 57. "The Queen ____

Show"

61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. ____
66. 'Victor' suffix
67. Home office ac-cessory

68. Insipid

69. Tina Turner's "Bet-ter Be Good ____"
70. Other

Down

1. Mini military man
2. Arctic ____ (Northern-hopping critter)
3. "So, are you out ____ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the ____" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of ____

10. Country duo, Florida ____ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe ____
13. Past partners
21. Sports ____ (Arm-chair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. ____ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even ____ speak..."
38. "____ Fine" by The Beatles
39. 'Pseudo' suffix
40. ____ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, ____ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

Yesterday's Crossword

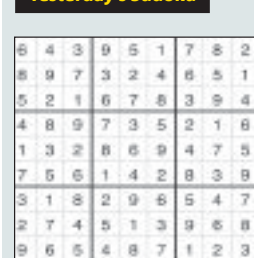


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 3°
MIN: -3°



MAX: 5°
MIN: -4°



MAX: 4°
MIN: -3°



JENNA KHAN
WEATHER SPECIALIST

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